

What are the health benefits derived from Ice Skating?

You may be a housewife, student, retiree or professional ice skater. Whatever be it, you can derive immense benefits by participating in ice skating. This sport is regarded to be a wonderful aerobic exercise similar to swimming, running and walking. Your cardiovascular health can enjoy its positive effects. It also has advantage over running since it does not affect your joints negatively. It can be termed to be an effective, low impact exercise provided you don't jump during ice skating.

Other health benefits

It also strengthens your heart muscles and offers adequate protection from heart attacks and coronary artery diseases. You can also experience significant weight loss. Recreational ice skating can help burn approximately 250-810 calories an hour! You can lose more like 450-1,080 miles an hour with competitive skating. For example, a person weighing 68 kg can burn a good amount of calories by engaging in skating similar to running 5 miles/hour.

Builds endurance

Like other sporting activities, this sport also helps enhance your endurance. You can develop endurance while maintaining steady, constant pace over time. You may start with short distances and increase gradually with time, thereby increasing your endurance.

Improves muscle tone

Ice skates help develop muscle tone. In this form of sport, the leg muscles that do majority of the work include hamstrings and quadriceps. Simultaneously, other muscles also work together with the leg muscles. There contraction and relaxation of back and abdominal muscles to maintain proper balance and upright posture.

Mental fitness

This sport also improves your mental fitness since it exercises your mental control while performing the act. While skating, you need to be fully active and very much alert to avoid accidents. It can be termed to be a de-stressor as well as form of relaxation especially for those who desire to get freedom from work and stress of life. While ice skating outdoors, you get to enjoy natural sunshine and fresh air including the company of friends and family. It allows you to unwind from your busy schedule and problems. It also improves your overall self-confidence while establishing balance and full body control.

Being physically fit

The truth is that ice skating allows you to overcome your health issues. You can also stay mentally and physically strong. You can practice ice skating during your leisure hours and impress everyone around with your newly gained skills. You can also enjoy your life to the fullest

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